

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

FEBRUARY 2018

Spicy Fruit Cup Fruit and Yogurt Smoothie Chocolate Pumpkin Muffins Fabulous Baked Frittata Terrific Toaster Waffle Toppers

Spicy Fruit Cup

- 1 can (20 ounces) pineapple chunks, canned in juice
- 1 cup orange juice
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 can (15 ounces) mandarin oranges
- 1 can (15 ounces) sliced pears, canned in juice
- 2 cups fresh strawberries, cut in half



1. Place the undrained pineapple, orange juice, cinnamon and nutmeg in a large bowl. Stir together.
2. Drain the mandarin oranges and pears. Stir into the pineapple mixture.
3. Add the strawberries and stir together.
4. Refrigerate for 1-4 hours before serving.

Recipe Source: <https://whatscooking.fns.usda.gov/>

Nutrition Note: This recipe makes 8 servings. Each serving has 127 calories, 0 grams of fat, 1 gram of protein, 33 grams of carbohydrates and 7 milligrams of sodium.

Fruit and Yogurt Smoothie

- 1 cup fresh or frozen strawberries or fruit of choice
- $\frac{3}{4}$ cup fat-free skim or 1% milk
- $\frac{3}{4}$ cup fat-free or low-fat vanilla or other flavored yogurt



1. Place all ingredients in a blender.
2. Cover and blend on high speed for 30 seconds or until smooth.

Note: Adjust to desired thickness by adding milk or ice cubes.

Recipe Source: Cooking 101: Week 5, NDSU Extension Service, <https://www.ag.ndsu.edu/food/food-preparation/cooking-101>

Nutrition Note: This recipe makes 2 servings. Each serving (using fat-free skim milk and fat-free yogurt) has 90 calories, 0 grams of fat, 7 grams of protein, 17 grams of carbohydrates and 90 milligrams of sodium.

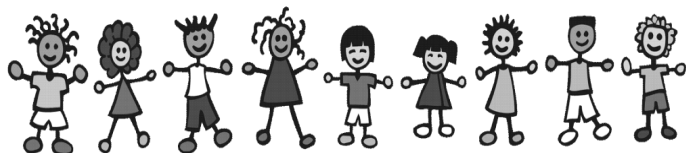
Why breastfeed?



"I chose to breastfeed because it promotes healthy teeth and keeps my baby healthy."

~ Jاليا, WIC Breastfeeding Mom from Nelson County

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Tips for a Happy & Healthy Family

Show your love. Give your child a smile, hug or high five.
Tell your child that you love him and are proud when he does something good.

Source: www.nutritionmatters.com

Chocolate Pumpkin Muffins

- 1 package (15.25 ounces) devil's food cake mix
- 1 can (15 ounces) pure pumpkin
- $1\frac{1}{2}$ teaspoons sugar (optional)



1. Heat oven to 400 degrees. Coat 18 muffin cups (muffin pan) with nonstick cooking spray. (Muffin pan can also be lined with paper liners.)
2. Mix dry cake mix and pumpkin in a large bowl.
3. Fill each muffin cup $\frac{2}{3}$ full of batter.
4. Sprinkle top of each muffin with a little sugar if desired.
5. Bake for 20 minutes.

Note: For a stronger pumpkin flavor, use a white or spice cake mix instead of devil's food cake.

Recipe Source: Cooking 101: Week 6, NDSU Extension Service, <https://www.ag.ndsu.edu/food/food-preparation/cooking-101>

Nutrition Note: This recipe makes 18 muffins. Each muffin has 130 calories, 4.5 grams of fat, 2 grams of protein, 23 grams of carbohydrates and 240 milligrams of sodium.

Fabulous Baked Frittata

- 1 tablespoon oil
- 1 large onion, chopped
- 2 cups spinach, kale or other greens, chopped
- ¼ cup water
- 6 eggs
- ½ cup fat-free skim or 1% milk
- ½ cup shredded, reduced-fat cheese, any variety
- ½ teaspoon salt
- ¼ teaspoon ground black pepper



1. Heat oven to 375 degrees. Coat an 8- or 9-inch baking pan with nonstick cooking spray.
2. Heat oil in a large frying pan over medium-high heat on the stovetop. Add onion and cook 3-5 minutes, until soft and light brown, stirring often.
3. Stir in spinach and water. Cover and cook 5 minutes. Remove from heat and allow mixture to cool.
4. Combine eggs, milk, cheese, salt and pepper in a large bowl. Blend in spinach mixture, then pour into baking pan.
5. Bake for 20 minutes or until the eggs reach a safe internal temperature of 160 degrees using a food thermometer. Remove from oven and let stand for 2-3 minutes.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 6 servings. Each serving has 130 calories, 8 grams of fat, 10 grams of protein, 4 grams of carbohydrates and 360 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC Because You Care



 NORTH DAKOTA
DEPARTMENT of HEALTH

800.472.2286

www.ndhealth.gov/wic

Turn Off the TV



Create an obstacle course with chairs and blankets. Have your child practice moving under, over and around.



Terrific Toaster Waffle Toppers

- 2 frozen waffles
- ½ cup yogurt, any variety
- ½ cup berries (any variety), sliced kiwi, mandarin oranges (drained), fresh pineapple or other fruit

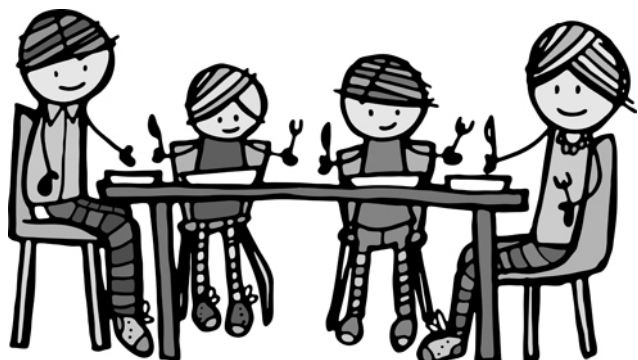


1. Toast waffles in the toaster according to package directions.
2. Let cook until just warm.
3. Top each waffle with ¼ cup yogurt and ¼ cup fruit.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 2 servings. Each serving (using low-fat flavored yogurt and strawberries) has 180 calories, 4 grams of fat, 5 grams of protein, 31 grams of carbohydrates and 280 milligrams of sodium.

GROWING HAPPY FAMILIES



Use Snacks to Support Mealtime

For children and grown-ups to arrive at the table hungry and ready to eat, they can't have free access to food or drinks between times except for water. Have snacks at set time midway between meals. Consider snacks to be little meals, not just treats.

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<https://www.ellynsatterinstitute.org/how-to-eat/family-meals-and-snacks/#getting-started-with-family-meals>